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ABSTRACT

Distributed by the U.S. Departments of Agriculture, Education, and Health and Human Services, this pamphlet provides parents with information and advice about their infants in the third month of life. The pamphlet provides information on communicating with the infant through body language, preparing for the 4-month checkup, recordkeeping, infant feeding, sleep patterns, ways to facilitate the infant's development, infant safety, pacifiers, and toys. Also included is a description of typical behavior for a 3-month-old and answers to commonly asked questions. The pamphlet then describes infant emotional development and suggests games to play, things to do, and ways to help the baby learn. Mothers' needs for exercise, relaxation, and social and emotional support are also discussed. The pamphlet concludes with a list of information resources. (KB)

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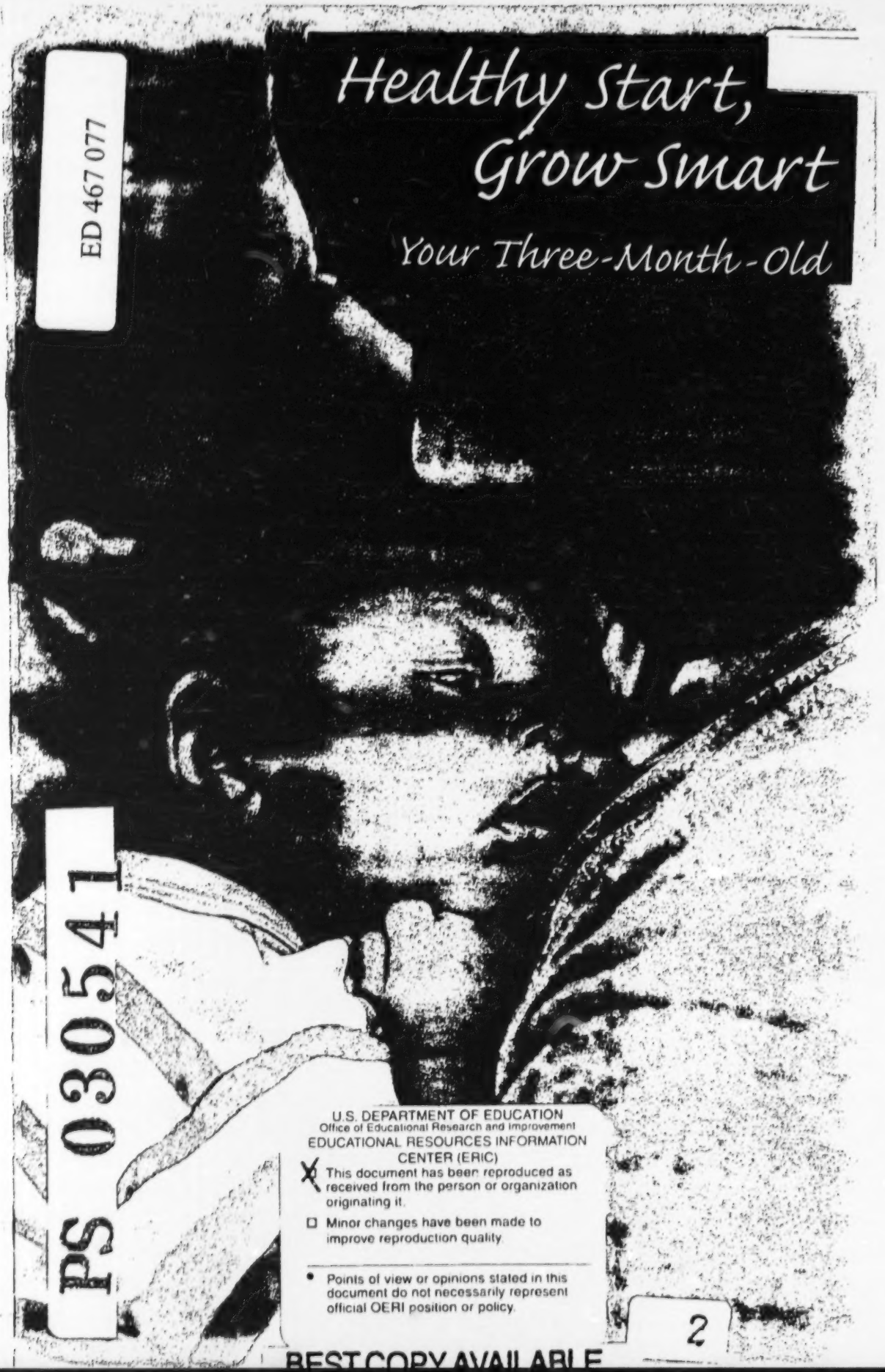

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Healthy Start, Grow Smart

Your Three-Month-Old

Prepared by:
U.S. Department of Agriculture
U.S. Department of Education
U.S. Department of Health and Human Services

2002

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Talk to Your Baby with Body Language

You and your baby are "talking" to each other even though he doesn't say words yet. You are doing what comes naturally. You are using body language as well as words.

Body language includes what you do with your face, the tone of the sounds and words you make, singing, eye contact and body movements. You can show love for your baby by hugging him and rocking him. You can show love by playing with him and smiling at him. He will "talk" back to you with coos, wiggles and smiles.

Even at three months, your baby knows the sound of your voice from other people's voices. He will make eye contact with you to "say" that he knows you are his mom or dad. He will turn toward you and brighten when he sees and hears you.

You are learning to "speak" your baby's language, too. You can tell the difference when he is crying because he is hungry or because he needs changing. You can tell when he's crying because he wants you to hold him.

You have learned when he is tired of playing or has had enough to eat because he turns away or stiffens his body. He will make sounds other than crying to let you know how he feels or what he wants. You can tell when he wants some quiet time to just look around or to take a nap.

Talking with your baby lets him know he is loved and you care about him.

Prepare for Your Baby's Four-Month Checkup

Call your doctor now to set up your baby's four-month checkup for next month. This visit is very important for your child's health.

During the four-month visit, your baby will have another complete checkup. This includes his weight, length and head size. His heart and lungs will also be checked. The doctor will check on how your baby holds his head up and uses his hands. Your baby's hearing and vision will also be checked. Make sure your doctor undresses your baby for a complete physical exam.

Your baby will get his second set of shots. These may include three shots: one for diphtheria, tetanus and pertussis; one for polio; and one for hemophilus influenzae B (flu).

You can ask questions about the baby's growth, health and development. Write questions down when you think of them. Then you can bring a list with you to the checkup. The list will help you remember what you want to ask. Your baby needs checkups again at six months, nine months and one year of age.

If your baby is eligible for Medicaid, he can get free checkups. You can call your local social welfare, health or family services office to see if you qualify for Medicaid services.

If you don't have health insurance for your baby, you can learn about resources in your state by contacting the U.S. Department of Health and Human Services Insure Kids Now Program at 1-877-KIDSNOW. You can also visit their Web site at www.insurekidsnow.gov for more information about free or low-cost health insurance for children. Many public libraries offer free access to the Internet and provide help for first-time users.

A Book for Memories

You need to keep a record of your baby's shots. This way, if you move or change doctors, you can make sure that the new doctor or clinic has correct information about your baby. You will need proof that your baby has had all his shots when he goes to school or day care.

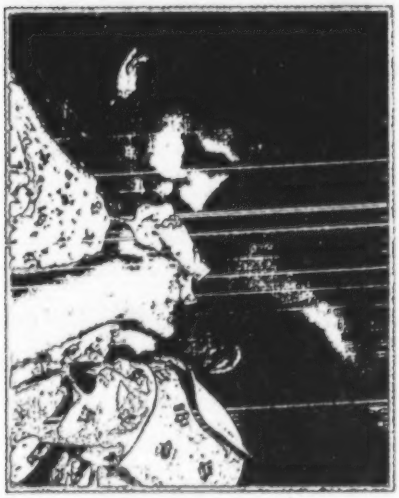
One way you can keep information about your baby is with a baby book or memory book. You can use any kind of notebook or scrapbook. In the book, you can keep health records and other information about your baby's health, growth and development.

You can write down all his great "firsts" in it: when he first sits up, crawls, walks or talks. You can write dates and symptoms when he gets sick. You can write monthly weights and heights and when he gets each tooth. This health information is important to have.

You can use your book to keep other interesting pieces of information about your child. You can put in fun things you want to remember. Put in photos of your baby. You can write down cute things he does and says. Later on, you can save drawings by your child.

When he is older, you and your child can have fun looking at the memory book together.

Giving Your Baby Breast Milk, Even If You're Working



Breast milk is still the best food for your three-month-old baby. You don't need to give your baby water, juice, cow's milk or solid food right now. Usually, babies need only breast milk for the first six months.

By now, you and your baby have a schedule for feedings. You may wonder how you can nurse your baby after you return to work.

One way is to pump your breast milk into a bottle. There are special breast pumps that you can buy to help you pump out your breast milk efficiently. Other caregivers can then feed it to your baby while you are away.

Breast milk can be stored in a bottle in a refrigerator for up to 48 hours. It will keep for two to three months in the freezer. Always label and date bottles of breast milk.

Not all moms may be able to provide breast milk for their babies in day care. Some moms may choose not to pump breast milk. In this case, the baby can be given formula at day care. Moms who don't pump can still breastfeed their babies before and after work.

Going back to work takes preparation. Start pumping your breast milk a few weeks before you return to work. Have someone else give your baby your breast milk in a bottle. Do this for one feeding each day. When you return to your job, nurse your baby before going to work. Continue to nurse him when you are at home.

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Take the bottles of breast milk when you drop off your baby for child care. Carry the bottles in a cooler. Put the date and your baby's name on the bottles. Your baby's caregiver will give these bottles to your baby during the day.

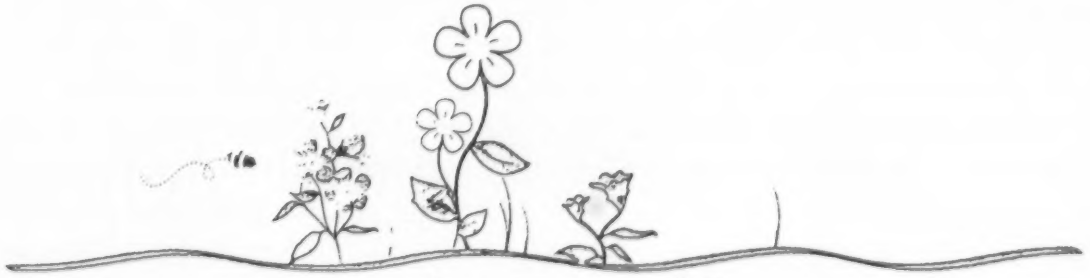
If you have any questions or problems with breastfeeding, talk to your doctor, nurse or WIC breastfeeding counselor. To learn more about breastfeeding, you may call La Leche League at 1-800-LALECHE or visit their Web site at www.lalecheleague.org/.

Feeding Your Baby Formula

Maybe you are not breastfeeding your baby but using formula. When you leave for work, make sure your baby's caregiver knows how to prepare formula. There are three ways to prepare formula for your baby.

The three ways are:

- ☆ Powdered: This is the cheapest kind. You need to add water to it. First, boil the water. The water should be sterile. Just do what the label says.
- ☆ Concentrated: This is a thick liquid. You must also mix it with sterile (boiled) water.
- ☆ Ready-to-feed: This formula is already mixed with water. It's the easiest to use. But it costs the most.



Feeding Your Baby Formula continued...

You should ask your doctor about what kind of formula to buy for your baby. Some formulas are sold for babies with special problems. Your doctor can tell you which formula is best for your baby.

There is a date on the formula. **Do not use the formula after this date.** The formula will not be safe to give to your baby after this date.

Prepare formula by carefully following instructions on the can. Opened cans of formula or prepared bottles can be stored in a refrigerator for up to 48 hours. Any formula left in the bottle after a feeding should be thrown away.

Generally, the baby is fed four to six ounces of warmed formula every three to four hours. To be sure that he gets enough formula, ask your doctor about how much is good for your baby.

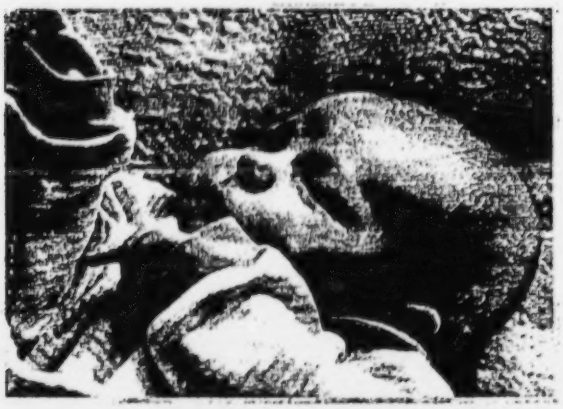
Make sure your baby's caregiver has enough formula to give to your baby. And be sure to tell the caregiver how much formula your baby takes.

You and your baby's caregiver should not make up your own infant formula. Do not add honey, corn syrup or anything to the baby's formula. This can make your baby sick.

Do not feed your baby:

- ★ Cow's milk
- ★ Goat's milk
- ★ Evaporated milk
- ★ Condensed milk

Your Baby Is Sleeping Longer at Night



You can start putting your baby to bed while he is still awake. Remember to put him to sleep on his back. Let him go to sleep on his own, alone. When he awakens during the night, he sometimes may go back to sleep on his own. This is much easier on the parents!

Every baby will have a different sleep pattern. By now, most babies are in a routine. At three months, a baby naps about five hours during the day. He sleeps longer at night. He may wake up at night to be fed. You don't have to wake your baby for feedings at night. If your baby sleeps through the night, he will feed more often during the day.

Some babies begin sleeping through the night at a few months of age. Others don't sleep through the night until they are one or two years old or even older. Has your baby been sleeping in the same room with you? This is a good age to move him into another room, if possible.

Wet Diapers

Your baby is getting enough fluids if he has seven to 10 wet diapers a day. The diapers can be cloth or regular disposable diapers. Babies vary in the number of bowel movements they have each day. Sometimes babies may not have a bowel movement for two to three days. The baby is not constipated as long as the bowel movement is soft and passes easily.

Help Your Baby Every Day

Here are things you can do to help your baby every day:

Babies learn by watching and touching things. They are exploring their world. Encourage exploration. Promote your baby's curiosity and exploration by holding things within his reach and helping him touch them.

Exploring on his own is important for your baby. But don't limit it to that. Help him seek new experiences, like reaching for your hand and touching your fingers. Babies also like to feel things that are soft, fuzzy or smooth.

Be your baby's teacher. Your baby learns about life by watching you and what you do.

Babies learn when you do simple, everyday things. This is as simple as looking in your baby's eyes and making funny faces. Or let him touch your face and hair.

Get excited with your baby about all the things he does and the sounds he makes. You and your baby will enjoy this. Make a big deal out of little things, like when your baby makes a little sound while you're talking to him. Let him know he is a great talker. Help him to learn to "talk" back and forth. When he coos at you, gently coo back. Wait and see if he "answers" you with another coo. If he does so, you should answer him. Do this with giggles, coos and other baby sounds.

Do activities over and over again with your baby. Learning goes on each time your baby practices a skill. Let him try new things over and over again. This is as simple as helping him to pat his hands together.

Protect your baby from disapproval. Don't tease or punish him. Never permit others to tease, punish or shake him. Punishment does not work with babies. Punishment can be very harmful to babies. It can cause the wrong lessons to be learned.

Communicate. Use sounds, songs, gestures and words with your baby. When you do this, you help him learn about language and its many uses.

Take good care of your baby. Watch him closely. Make sure your home is a safe place for him to explore. Try to keep an orderly, healthy routine. Your child will begin to know that some behavior is OK at some times but not at other times. He will also begin to know that there are reasons for this.

Safety Tips

Things you should do to keep your baby safe:

- When traveling with your baby, be sure to use an infant car seat that meets the Federal Motor Vehicle Safety Standards. Look for a tag or label that says the seat meets these standards.
- The middle of the back seat of the car is the safest place for your baby. **The infant car seat must be in the back seat.** The infant seat must face the rear of the car. It is not safe to use it in the front seat.

Check the bath water before bathing your baby. Test it with the inside of your wrist or with a thermometer. If possible, set the water heater in your home to 120 degrees.

- Always check warmed formula to make sure it is not too hot.
- Instruct caregivers carefully. Write things down for them. Make sure that everyone who takes care of your baby understands that you have specific expectations about how to treat and care for your baby.
- Make sure that you and others put your baby to sleep on his back in a safe baby crib.

Numbers to call for information:

To learn more about safety, you can call the Consumer Product Safety Commission at 1-800-638-2772 or you can visit their Web site at www.cpsc.gov/.

Families who cannot afford a car safety seat can contact the National Highway Traffic Safety Administration. They can provide information on resources that help low-income families purchase or borrow child car seats. You may call them at 1-800-424-9393 or visit their Web site at www.nhtsa.dot.gov/.

Things you should not do:

- ★ Never leave your baby alone on a bed, couch, table or chair.
- ★ Never leave your baby alone in a car.

  Never put your baby in an infant car seat and then place the seat on a table or chair.
- ★ Never hold your baby while you are smoking, drinking something hot or cooking at a stove.
- ★ Don't allow anyone to smoke around your baby.
- ★ Never leave your baby alone in the bath.
- ★ Never hold your baby in your lap when you are riding in the car or driving.

  Never shake or hit your baby.
- ★ Never leave your baby alone with a pet even if you know the animal well.

Make sure your baby's crib is safe:

- ★ Slats should be spaced no more than 2 3/8 inches apart.
- ★ The mattress should fit snugly in the crib.

  The crib bumpers should fit snugly around the crib. Make sure they are attached so that they stay in place.
- ★ Check crib toys, bumpers, pacifiers, mobiles and clothing to make sure they have no strings longer than six inches.

Give Safe Toys to Your Baby

Do not give your baby toys that he can choke on. Make sure toys do not have small, detachable parts like buttons or loose tufts of cotton or material. These things can become more weakly attached over time and become a choking hazard. Toys or items small enough to place in his mouth are not safe. Toys with strings or ties can cause problems. Babies can get tangled in mobiles that are hung too close to them.

Here are some suggestions for safe toys and play activities:

- ★ The best toy you can give your three-month-old baby is a plastic or rubber ring. Watch as he explores the ring with his hands and mouth.
- ★ Lay your baby on his tummy and roll a brightly colored ball from side to side in front of him.
- ★ Ring a bell or squeeze a squeaky toy while your baby is watching.
- ★ Put some brightly colored toys in your baby's bath.
- ★ Blow liquid bubbles with a wand while holding your baby. He will love to watch the bubbles as they float by.

Tips on Pacifiers

By now you have noticed that your baby sucks his fingers and hands a lot. Sucking brings pleasure to a baby. This is a strong need in babies this age. Being able to suck his own fingers and hands means he can make himself feel good all by himself. Sucking helps him feel happy and calm. Sometimes sucking fingers is a sign of hunger.

A baby often sucks his fingers or pacifier while he watches and learns about his world. As something grabs his attention, he may stop sucking for a moment to watch. He will then start to suck again.

Many parents buy pacifiers for their babies. You may have heard that pacifiers can harm a baby's mouth. You may have heard that pacifiers will keep a baby from developing correctly. A pacifier isn't necessary. But it's OK if your baby uses one.

Never tie or pin a pacifier to your baby's clothes. The ribbon or string could get wrapped around his neck. This could choke him. A pin in your baby's clothes can stick him.

Be sure to buy the kind of pacifier that cannot come apart. Be sure it can be washed in a dishwasher. Clean the pacifier often. You can clean it by boiling it in water or putting it in the dishwasher.

Never dip a pacifier in sweet liquids, honey or syrups to make it tasty. Germs in honey and syrups can make your baby sick. Sweets may cause tooth decay when your baby is older.

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Questions Parents Ask

Is it all right to take my baby outdoors?

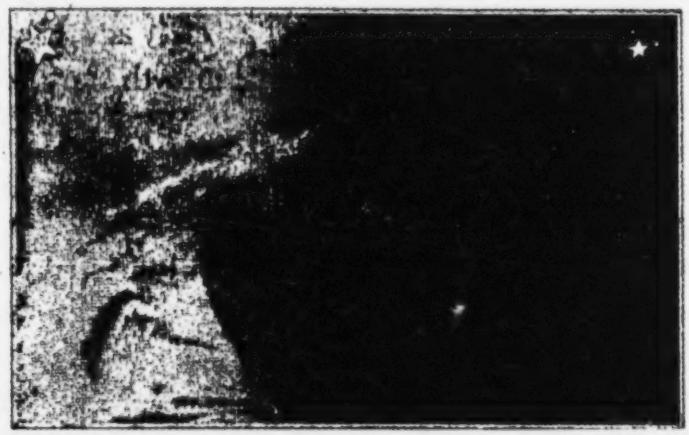
It is a good idea if your baby spends some time outdoors every day, as long as the weather is not too hot or too cold and as long as he is feeling good. Babies should be dressed for the weather. If he is sweaty or flushed, remove some clothes. If he is shivering or has goose bumps, add some clothes. It is important for your baby to wear a cap to cover his head in cold weather.

Use sunscreen made for babies. Put it on your baby before you take him outside. Even with sunscreen, it's best to keep him shaded when he is outdoors. Keep him out of the sun between 10 a.m. and 4 p.m. The sun is hottest during this time. Don't let him get sunburned.

Is it all right to take my baby to crowded places?

The only problem with crowds of people is the germs that your baby might pick up. People want to hold or pick up a small baby. Babies can pick up illnesses very easily. Try to keep strangers from playing with your baby. It can prevent the spread of germs. You should also keep your baby away from people who are sneezing or who have runny noses.

What's It Like To Be Three Months Old?



How I grow

★ I don't bob my head as much.

★ I keep my hands loosely open most of the time.

☆ I will hold objects, but I will not reach for them.

★ I move my arms and legs a lot.

★ When held in a standing position, I can bear some weight on my legs.

★ When I'm on my tummy, I can hold my head up for 10 seconds or longer.

★ I touch my face with my hands.

How I talk

★ I gurgle, whimper and chuckle.

★ I don't cry as much as I used to.

★ I squeal and make other sounds when you talk to me.

How I eat and sleep

★ I may have one feeding at night.

★ I may sleep through the night.

★ I may need a morning nap and an afternoon nap.

How I respond

★ When I see you, I turn my whole body to face you.

★ I turn my head toward the sounds of singing or talking.

★ I may stop or start crying depending on who is holding me.

How I understand

★ I'm beginning to remember things.

★ I'm beginning to recognize different people in my family.

Your Baby Has Emotions, Too

Your baby starts to develop socially at an early age. He also has emotions from an early age. Social and emotional growth start long before your baby can talk or move around.

Infants quickly understand and show emotions in their own way. Your baby learns to make himself happy. He watches things that interest him. He finds ways to occupy himself. Little by little, your baby also finds out how to get a response from you.

Your baby can show how happy or how excited he is. You see this when you play and talk with him. Research shows that babies are fussier when parents or other adults argue. It may be best to protect your baby from the ups and downs between the adults in his life.

Help your baby show different emotions. Help him show happiness. Help him show sadness. Talk to him about how he feels about particular things "That big dog sort of scares you, doesn't it?" Do this when you are with him. This helps him make sense of the world. He will have the skills to join in successfully.

Babies start out with easy-to-read types of emotions. They might smile or laugh to show happiness. They might pout or cry to show they are mad or sad. Over time, they show many different emotions. They will show pride. They will show worry. With your help, your baby will learn more ways to respond to what is happening in his life.

Games To Play with Your Baby

Your baby needs to play to learn about the world. When you play with your baby, remember that your baby needs you to touch and hold him. He needs to look at you and have eye contact.

Your baby also needs to look at, feel, taste, smell and hear different things. He needs to move around. His experiences with tovs and objects help him begin to learn how things work and that objects have different shapes, colors and textures.

Give your baby objects of different sizes and textures (square, round, hard, soft, fuzzy, long, short, sticky). Make sure these objects are safe. They need to be too large for your baby to put into his mouth. (Small objects are dangerous. Your baby can choke on them.)

Help your baby play with these objects. Show him how to hold them and make them move.

If you have a crib mobile above where you change the baby's diaper, give it a jiggle to make it move. Your baby enjoys watching things move. He might hold still for a moment so you can put the diaper on more easily. You can play patty cake on his tummy when you change him, too.

When he coos or gurgles, make the sound back. Babies love to make sounds back and forth with you. It is the first step toward talking.

Sing songs to your baby. Sing lively tunes when he is awake. Sing soft lullabies when you are quieting him. You can even make up your own songs.

Things To Do with Your Baby

Your baby stays awake longer now. That means he has more time to explore his world. He is still learning about his body, so he may play with his hands or touch his own eyes, nose, mouth and chin.

He is more involved in his surroundings. He no longer waits for someone to smile or speak to him. He seeks out faces, then smiles and babbles.

Here are some activities that will help your baby learn more about the world around him:

- ★ Take your baby outside and sit under a tree. He will enjoy watching birds and seeing lights and shadows as they move through the trees. He can hear new sounds, too, like rustling leaves, birds calling and the engines of cars and airplanes.
- ★ Cradle your baby in your lap, and support his back and head with your arms. Gently rock him back and forth while you sing.
- ☆ Help your baby learn to roll by placing your hands under his shoulders. Gently rock him back and forth. Talk to him while you are doing this.
- ☆ Whisper in your baby's ear. Talk to your baby about things and make different sounds – like a moo, a bark, a meow or a peep.

Babies Learn in Many Ways

The early wiring of your baby's brain sets the stage for future development. The kinds of experiences he has in his first three years have a deep and lasting impact. So does the quality of his relationships. What he sees, hears and does helps his brain develop. This helps him learn new skills.

The brain controls how your baby's body works. It also controls thinking and feeling. It controls learning and memory.

What you say and do with your baby helps his brain grow and develop. This happens when you show your baby how to shake a rattle. It happens when you show him how to reach for a stuffed bear and touch it. It happens when you help him make new sounds.

Play with your baby. Talk to him. Doing this many times each day will make a difference in how his brain develops. It helps him to learn how to talk. Say lots of different words. Point out objects. For example, say to him, "Look, here's a spoon. Can you see the spoon?"

Different babies learn new skills in different ways. Cherish the way your baby learns new things. Doing many things with your baby in different ways can help your baby learn. It helps his brain to develop.

Have fun with your baby. Do things with your baby in your own way. Your baby is special. As a father or mother, you are the most important person in your baby's life.

You Can Help Your Baby Learn

You can do many things to encourage your baby's learning and successful development. These are easy things to do. You can just have fun with your baby, and he will learn. You can just be a parent, and your baby can just be a baby.

Here are things you can do:

- ★ Give your baby things to play with. Babies like to hold things and put them in their mouths. Help your baby play with new toys and objects. Make sure what you give your baby is safe. (Never give your baby a balloon or a plastic bag to play with. He can choke on these things.)
- ☆ Give your baby things to look at. Brightly colored mobiles over a crib help his vision develop. Hang the mobiles high enough so that your baby can't pull them down. You can also show pictures of faces to your baby.
- ☆ Talk to your baby and read to your baby. Use a kind voice.
- ★ Respond when your baby cries. This helps him learn that he can communicate to make his needs known.
- ★ Take your baby to different places and let him see different things.
- ★ Touch your baby and cuddle him. Make sure he knows you love him. Talk softly and calmly. Be soothing.

Exercise Keeps You Healthy

Six weeks after the baby is born, most moms can go back to normal activities. Doctors often give new mothers exercises to do. Exercise helps you tone your muscles.

If you have not been active before, think about it now. Being active is good for moms and dads. Most of the time, people who exercise often are less tired. And they deal with stress better. To exercise, you don't have to play a sport.

You can walk for exercise. A brisk walk burns more calories than a slow walk. This is true as long as the length of time you walk is the same. If you have 30 minutes to exercise, you will burn more calories by walking briskly than by walking slowly.

Even slow walking will help a person who starts out in poor shape. A person in better shape will need to walk faster or for a longer time to get new benefits.

Sometimes it helps to have someone to walk with. Try walking every day with your husband or a friend. In good weather, take your baby with you in a stroller. Your baby will enjoy your activity, and he'll benefit from it, too!

Things You Can Do To Relax

With a young baby, you may be feeling extra stress. You can find some ways to relax.

Every day, you should take 15 or 20 minutes to relax. The first thing to do is to put your baby in a safe place.

Notice what part of your body is tense. Perhaps you feel tense in your shoulder muscles or in your arms or legs. Stretch that part of your body out and relax it gently. Keep it relaxed while breathing in and out. Flex and relax each part of your body.

You can do breathing exercises almost anywhere. Slow down your breathing. Count slowly up to four when you breathe in. Then count slowly up to four when you breathe out. Or pause slightly after you breathe in, and pause again after you breathe out.

These breathing exercises help you through periods of waiting. You can do them when stuck in traffic or when you are on hold on the telephone. Take a moment to do them when your baby is crying and won't stop.

Other things you can do to help you relax:

- ★ Schedule time for phone calls to people you enjoy.
- ★ Have lunch once a week with a special friend.
- ★ Plan a special time to be with your child's father.
- ★ Walk or do aerobics.
- ★ Get or give a backrub.
- ★ Listen to calming music.

Teach Your Baby To Trust

Your baby needs you to help him feel secure and safe in the world. Gaining your baby's trust is one of the most important things you can do as a parent.

The way to teach your baby to trust you is to meet his needs. Sometimes parents are afraid they may spoil a baby by paying too much attention to him. Meeting your baby's needs is not spoiling him. In fact, when you feed him, change his diapers and comfort him when he's fussy, you are helping him grow and feel more secure.

You may feel you have the hardest time meeting your baby's need for comfort when he's fussy. These times are hard on you and your baby.

Babies can fuss for all kinds of reasons. They have many things to learn, such as how to talk and how to control their hands and feet. They also need to learn how to get your attention when they need it. Your baby isn't fussing to annoy you or because he is spoiled.

You already have learned some things that help him. You have learned to hold him close, rock him, bathe him and make faces at him. You have learned to sing to him. You have learned to pick him up and walk him around. You have learned to always be gentle and calm with him.

When you take care of your baby's daily needs, he will feel safe and secure. For example, your baby may quit crying when he sees you preparing to feed him or change his diaper. He has learned to trust you. He knows he doesn't have to keep crying.

Your baby will spend time amusing himself by looking around. He will also "talk" to himself. He will play with his hands and feet.

These periods when your baby amuses himself will get longer. This is a sign that he feels safe, secure and trusting.

Ask Others for Help

Having a baby is exciting and joyous. There's so much to do and learn. Your whole family is excited. But having a new baby brings lots of new feelings and changes in your life.

You may be worried about whether you are a good parent. You may wonder whether you can meet your baby's needs. Keeping your baby fed, bathed and diapered is a big job. He also wants to bond with you emotionally.

Your baby likes to be held. He likes to be talked to. He likes to talk back to you and likes to have you answer his smiles, coos, giggles and other baby sounds. He likes to be rocked and comforted.

How do you take care of yourself when your baby needs so much comforting and care? You need to know that it is common to feel run down. If you feel run down, ask others for help.

When you need to rest, let your baby's father take over. Or ask other family members to help. Your baby needs to bond with his father and other members of the family. He needs to be close to his grandparents, aunts, uncles and cousins. Be sure your friends and relatives know how to take care of and be with your baby.

Don't be surprised if you feel kind of sad the first few weeks after having your baby. It is common for a new mom to feel this way. It doesn't mean you are a bad parent. You need time to get your body back to normal. And you need to adjust to the changes your baby brings to your life.

Sometimes this feeling of sadness can be strong. If this happens, you may be having postpartum depression. "Postpartum" means "after birth." Some new mothers have this kind of depression. Your doctor will know ways to help you.

Don't try to hide these feelings from your family or your doctor. It is important to talk about what is happening. Get help if you need it.

Information Resources for Families

Families who are enrolled in the WIC program (Special Supplemental Nutrition Program for Women, Infants and Children) can get information on breastfeeding, formula feeding and nutrition at their local WIC office. Families eligible for WIC receive nutrition counseling and supplemental foods such as baby formula, milk and cereal. To find the WIC office nearest you, call your state health department or visit the WIC Web site at www.fns.usda.gov/wic/. Many public libraries offer free access to the Internet and provide help for first-time users.

For information about early childhood education initiatives, you may contact the U.S. Department of Education at 1-800-USA-LEARN or visit the Web site at www.ed.gov/offices/OESE/teachingouryoungest/.

To learn about child-care options, you may contact the U.S. Department of Health and Human Services, Child Care Aware by phone at 1-800-424-2246 or visit their Web site at www.childcareaware.org/.

For more information and resources on postpartum depression, breastfeeding and many other women's health issues call The National Women's Health Information Center (NWHIC) at 1-800-994-9662 (1-800-994-WOMAN). You can visit their Web site at www.4woman.org/.

To learn more about breastfeeding, you may call La Leche League at 1-800-LALECHE or visit their Web site at www.lalecheleague.org/.

To learn more about free or low-cost health insurance for children, you can call the U.S. Department of Health and Human Services' Insure Kids Now program at 1-877-KIDSNOW. You can also visit their Web site at www.insurekidsnow.gov/.

The American Association of Poison Control Centers' (AAPCC) poison control hotline, 1-800-222-1222, should be on your list of emergency numbers. To learn more, you can visit the AAPCC Web site at www.aapcc.org/.

Families who cannot afford a car safety seat can contact the National Highway Traffic Safety Administration. They can provide information on resources that help low-income families purchase or borrow child car seats. You may call them at 1-800-424-9393 or visit their Web site at www.nhtsa.dot.gov/.

To learn more about safety, you can call the Consumer Product Safety Commission at 1-800-638-2772 or you can visit their Web site at www.cpsc.gov/.

Coming Next Month

Helping Your Baby To Fall Asleep

Coping with Stress

Toy Safety Is Important

Helping Your Baby Explore

. . . and much more!

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